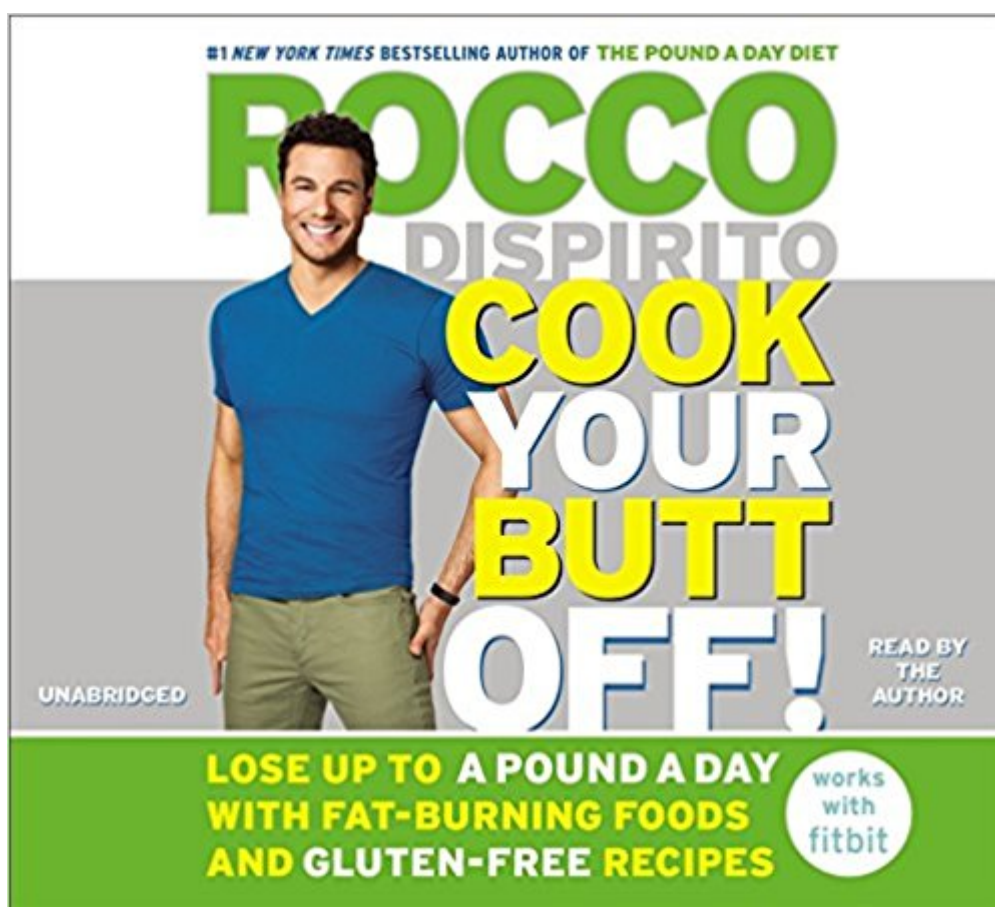


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Cook Your Butt Off!: Lose Up To A Pound A Day With Fat-Burning Foods And Gluten-Free Recipes



Synopsis

Turn the kitchen into your gym! #1 New York Times bestseller and celebrity chef Rocco DiSpirito helps you stay ahead of your calorie intake by cooking healthy and delicious dishes--all sugar-, gluten-, and lactose-free--designed to burn more calories than they contain! Cardio Cooking is a uniquely engineered type of cooking formulated to help readers burn calories and lose weight while they cook. That's right--for the first time, Rocco turns dinnertime into workout time, showing how to burn calories automatically in the kitchen. These delicious, easy-to-follow recipes were tested for calorie content and calorie burn. It includes 75 all new recipes based on foods that are sugar-free, dairy-free, gluten-free, high in prebiotics/probiotics, high in fiber, and supportive of the body's acid-alkaline balance. Whole foods grown locally and made at home equal whole body fitness. Complete with informative sidebars, tips, and tricks to help increase heart rate and physical activity during the cooking process. This book offers exactly what dieters need to cook their butts off!

Book Information

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Customer Reviews

Rocco DiSpirito entered the Culinary Institute of America at the age of sixteen, and at eighteen began working with legendary chefs worldwide. The James Beard award-winning chef opened the 3-star Union Pacific in New York City where he established his culinary credentials. He was named Food & Wine's Best New Chef and was the first chef to grace the cover of Gourmet as "America's Most Exciting Young Chef". DiSpirito stars in Restaurant Divided on The Food Network. He is the author of ten books, including the New York Times bestselling Now Eat This! Diet and The Pound a Day Diet.

Very disappointing for many reasons. I agree with others that the photos are AWFUL and fail to give any idea of what the finished dishes are supposed to look like. Why would I want to make any of this food when it looks so awful. Full color photos, please! But the worst part is that the shopping list does not include all of the needed ingredients for each day's menu and the recipes are so complicated and there are no instructions on how to prepare each day's meal or ahead of time. Today I spent about 4 hours in my local Whole Foods trying to buy the ingredients for the first week; I spent over \$200 and still did not get everything on the list. Then when I got home and started to get organized for the week ahead, I found that each recipe on Day One had ingredients that had not been included on the shopping list. For example, Day One breakfast of Cocoa Crispies calls for unsweetened almond milk, stevia, erythritol and puffed brown rice which were not on the shopping list. And Wrap with Shrimp & Tomato Salad calls for psyllium husk flakes and egg white powder which were not on the shopping list. The Asian Pork Buns require tamari, monk fruit crystals and fresh ginger -- none of which were on the shopping list. On the positive side: I do like that the recipes are each for just one person! I have not yet been able to try any of the recipes because I do not have or cannot find the ingredients required. But each of them is so full of odd ingredients that I am not sure I will ever be able to try them out. Definite thumbs down.

I wanted this to work - I was eager to try it. Unfortunately though, the 14 day plan would be nearly impossible to adapt for a vegetarian or vegan. As much lip service as is given to the benefits of reducing meat consumption, there are precious few meatless options included. I'm not saying there are none -- but it's a small percentage. If that hadn't been a huge obstacle for me, another thing I find slightly off-putting were the number of oddball ingredients that can only be found online (which is saying something coming from me, as someone who already has odd stuff like psyllium husk powder and juniper berries in her pantry.) Lastly, although I grasp Rocco's point about the physical activity benefit of cooking, I am not a person with the time capacity to prepare every meal fresh. I make ahead as much as humanly possible because time is crazy tight. This book isn't really built for that. He recognizes that time gets tight, and suggests store-bought replacements, but I'm pretty sure I can select a Lean Cuisine all by myself. I love the idea of this book and I hope it works for others, but it's just not going to work for me, sadly. Added note: Occurred to me belatedly to add this ... the one thing I truly adored about this book was its Fitbit barcodes -- I wish all cookbooks and recipe sites would do that. I spend an insane amount of time entering recipes into Sparkpeople (which is linked to my Fitbit) so that I can track my meals. The barcode thing would be a game changer, and I

hope other cookbook authors/publishers catch on.

After reading about Rocco DiSpirito's book in last week's New York Times, I decided to treat myself to his book and thanks to 's Prime, received the book in time to make one of his featured recipes: chicken with glazed eggplant and cauliflower rice. The fact is this recipe was featured in the Times review, but I thought that since that sounded great, it would make sense to have the book to draw on for inspiration and hopefully lose a few pounds in the process! I have to agree with some of the other reviewers that the photos in the book are terrible and hard to understand the choice of red washed out pictures of the food , since it doesn't help to make it appetizing. While my wife and I worked at making the chicken with the eggplant, I couldn't quite understand how I might have lost weight while chopping the cloves of garlic! The dinner was unique and tasty so I think there will be some recipes worth making but I wouldn't rush out and buy the book for any of my friends!

This is a great no nonsense book for breaking bad habits... but still a very difficult regimen to follow. I have recommended to several friends who are gluten and dairy sensitive.

Huge fan of Rocco DiSpirito I have all of his cookbooks so I was looking forward to this one . Very good book couldn't wait to get in the kitchen and start cooking . I've recommended this book to my friends and all of his other books. Can't wait for more books and shows to come . Only downside is the pink pictures .

Very unhappy with this purchase. I bought the book to try and get some new ideas for healthy eating. I didn't get any. The pictures are better than the recipes!! Yes they are all red, white and blurry and if it is food - please let me know. I will give him credit for the chili-rubbed chicken on page 154. I followed the recipe exactly and found out shirataki rice is like jellified alien eggs. Nothing you want in your mouth!! The chicken itself - without the other components is excellent!! I've made it several times. Use real rice and you have a winner here. For the rest of the book - - I would never order it again. I honestly give it an "F".

Rocco's books are always a favorite of mine! I like to cook and eat healthy. His recipes are laid out well. The book doubles as an organizational food tracking diary. The nutritional/educational information is also part of the book. This is so helpful to get comprehensive information when deciding what to cook, stay healthy and the recipes taste great! Try the healthy pulled pork sandwich and the spaghetti with

asparagus, pesto and pecorino romano.Thanks Rocco!

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